

What are the **symptoms** of prostate cancer?

The following symptoms may be caused by problems that are much less serious than prostate cancer. Try not to worry if you develop any of them, but **do get them checked out...**

- difficulty or pain in passing urine
- having to rush to the toilet to pass urine
- frequent visits to the toilet, especially at night
- starting and stopping while urinating
- dribbling urine
- a feeling of not having emptied the bladder fully

And less commonly...

- blood in the urine or semen
- impotence
- pain in back, hips or pelvis

What will happen at the **doctor's**?

Your doctor will ask about your symptoms and may suggest a blood test. This will tell the doctor about the level of a protein called PSA (prostate specific antigen) in your bloodstream.

High levels of this protein, produced by the prostate, can indicate prostate cancer. But the test can be positive for other reasons and does not provide a diagnosis of cancer.

The doctor may do a physical examination to see if the prostate is enlarged. If your PSA level is high and the prostate gland feels enlarged, further tests may be needed.

IFCC, Working together to improve the lives of all people living with cancer

If you are concerned about prostate cancer or want to know more about prostate cancer, contact your doctor.

If you are a resident of the islands requiring cancer related assistance or want to join the Association, please contact our IFCC:

Helpline **666 991 330**
Monday to Friday 10 to 12 hours.

Visit our website
www.ibizacancer.com

Or follow us on Facebook
[www.facebook.com / IFCCancer](https://www.facebook.com/IFCCancer)

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The content has been reproduced from a leaflet NHS North of Tyne.

prostate cancer

spot the **symptoms**,
know the **facts**



**Please read this leaflet,
take it home and give it to
your family and friends**

You may save a life

Prostate cancer facts

Only men can develop prostate cancer and the risk of getting it increases with age.

Many prostate cancers grow slowly and may not cause problems, but some grow quickly and need early treatment. It is important to recognise any symptoms and tell your doctor.

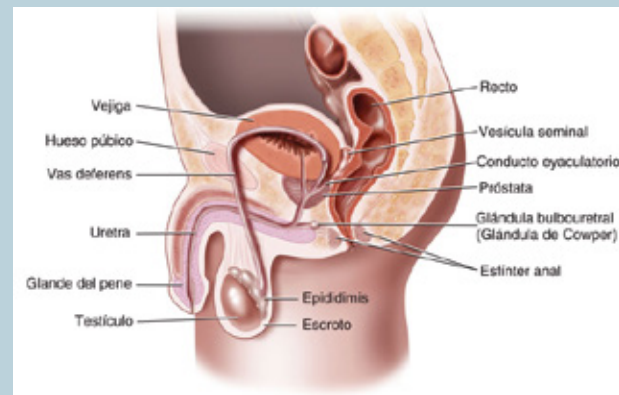
How common is it?

Prostate cancer is now the **most common cancer** in men. More than **19,000 cases are diagnosed with the disease every year in Spain**. Nine out of ten cases occur in men over the age of 60.

The number of prostate cancer cases reported worldwide is going up. One reason for the increase is that men are living longer. They are more likely to reach old age and develop prostate cancer. Another reason is that more men are being tested and found to have the cancer.

The prostate

The prostate is a small gland about the size and shape of a walnut. It lies below the bladder and surrounds the upper part of the urethra - the tube that carries urine and semen out through the penis. The prostate gland produces a thick clear fluid that mixes with sperm to form semen.



As a man gets older, his prostate may get bigger and restrict the flow of urine. This very common condition is called benign prostatic hyperplasia (BHP). It is not cancer but causes some of the same symptoms as prostate cancer.

What is prostate cancer?

Prostate cancer develops when a single cell in the prostate begins to multiply out of control and forms a tumour. Some cells may break away starting tumours in other parts of the body.

In many men, prostate cancer grows slowly and may not cause any problems. But in some men, the cancer grows more quickly.

What affects your risk?

Certain things increase a man's chance of developing the disease...

- * **Increasing age** - the older you are, the greater the risk
- * **Family history** - if a close relative had prostate cancer, particularly at a young age, then your risk may be higher
- * **breast cancer in the family** - if a close female relative had breast cancer at an early age (under 40), or any male in your family had breast cancer, your risk of prostate cancer may be higher
- * **African ancestry** - prostate cancer is more common in black men than white or asian men
- * **Diet** - eating a diet high in animal fat and low in fruit, vegetables and fish may increase risk